

What's your #SaltyBreakup story?

Have you decided to start a new relationship with salt? Describe the changes you've made for yourself, your family, or your community. **Tell us your story**, and it may be featured on AHA's Salty Scoop Blog at www.heart.org/sodium. For AHA to post your story, you must agree to terms and conditions on the back!

Your Name: _____

Email: _____ Phone Number: _____

Tell us your #SaltyBreakup Story:

Sign Here to Share Your Story



By signing below to share your story, you give the American Heart Association permission to post it – see below for the consent and release agreement.

Signature _____ Date _____

Consent and Release

For good and valuable consideration, the receipt of which is hereby acknowledged, I hereby grant to the American Heart Association (“AHA”) and its successors and anyone authorized by it the following unrestricted rights and release, all of which may be exercised without geographical, time or other limitation: In regards to the submission of stories, video or digital recordings, whether of an audio or visual nature, and photographs (collectively “Submitted Material”) for use by the AHA, I hereby release the AHA from all liability, and make the following grants and representations in connection therewith:

- (a) The right to record, photograph and/or otherwise use, produce, copyright, transmit by radio or television, use on internet, distribute, exhibit and, as applicable, exploit my likeness, voice, statements, acts, poses, plays and appearances, and all other effects resulting from my services rendered in providing the Submitted Material, it being understood that the rights granted may be exercised in any and all media whatsoever.
- (b) All my right, title and interest in all negatives, tapes, transparencies, prints and reproductions of the Submitted Material, including all copyrights, the right to copyright the Submitted Material anywhere in the world and the right to obtain renewals thereof and the right to use, sell, lease or license any of the foregoing, it being understood that AHA shall have the right to cut, edit, alter, interpolate, repurpose and otherwise change the story and to divide the same into as many parts as they desire wherein each part or combination of parts of the presentation may be used alone or together.
- (c) I represent and warrant that the information provided to the AHA is a true and accurate account, is original, does not infringe on another’s copyright or other proprietary rights, is not defamatory and that I have full right and authority to disclose and convey the Story or provide the Photograph(s) and/or video recording to the AHA.
- (d) I hereby waive all reuse fees or such other fees which might be applicable to the above stated grant and release.
- (e) I hereby release, discharge and agree to indemnify and hold harmless the AHA from any liability or injury that may arise from the conveyances and/or permissions in this agreement.

I represent and warrant that I am of legal age and have the right to enter into the aforementioned agreement of release.